

Temporomandibular Joint Program Transcript

On the left is a diagram of the temporomandibular joint, and on the right is a dissection of this joint, showing the mandibular condyle the mandibular fossa and the inter articular disc. The diagram on the left also shows two important lamina—the superior lamina, which is elastic, and the inferior lamina, which is fibrous.

As the disc moves forward during jaw opening, the superior lamina stretches and the inferior lamina tightens to restrict this movement. As the disc then recoils during closing, the superior lamina recoils, bringing the disc backward. Attached to the front part of the joint capsule is a muscle called the lateral pterygoid muscle, which controls the return of the disc back to its normal position with the jaw closed.